

Approved by the UCSB Human Subjects Committee on: 10/07/2021

CONSENT TO PARTICIPATE IN A RESEARCH STUDY
ADULT CHILD'S CONSENT
UNIVERSITY OF CALIFORNIA, SANTA BARBARA

Title of the Study: The THRIVE study: Using technology to improve the quality of life of older adults in senior living communities and their adult children

Lead Investigators: Dr. Tamara Afifi, Department of Communication, UCSB, tafifi@comm.ucsb.edu
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Study sponsor: National Institutes of Health (NIH), National Institute on Aging

PURPOSE

The purpose of this study is to examine how new technologies like virtual reality (VR) and Zoom (video chat on a computer) can help improve older adults' quality of life, emotional well-being, and family relationships. The ultimate goal is help older adults who might be experiencing memory decline thrive in senior living communities by connecting them with family members who live at a distance. In previous research, we have shown that technology can improve the quality of life of older adults in senior living communities and their family members. The technology platforms we use are designed for older adults. They are safe to use for older adults with a range of cognitive and physical challenges, from those with no memory decline to those with moderate dementia. To participate in this study, your parent must be a resident at one of the senior living communities involved in this project. You must also be able to participate with your parent in the study from a distance (from your own home or office).

PROCEDURES

You will use either VR or Zoom with your parent once a week for four weeks. We will mail you all the necessary equipment and show you how to use it. You will participate *from your own home or office*, and your parent will participate from their senior living community. Before your first session, you will complete a brief (15 minute) online survey. You will also complete brief (15 minute) surveys immediately after each session with your parent and then 1 month and 3 months later. These surveys ask about your relationship with your parent, your quality of life, and your psychological well-being. We will ask your parent similar questions, reading aloud the questions to him/her. In preparation for using the technology, we might ask you to upload some family photos and favorite addresses from the past to a secure online portal. Each technology session will last approximately 30 minutes. You and your parent will be talking with each other during the session and we will walk you through it. The entire study will take about six hours total. With your and your parent's permission, we will also be audiotaping each session and videotaping your parent's sessions to code for various emotions. You can still participate in the study if you decide that you do not want us to audio/videotape the sessions. Once the study is over, you will mail any equipment back to us in a pre-paid shipping box.

RISKS & BENEFITS

There is some risk that you or your parent could feel mildly ill, dizzy, sad, or agitated while using the technology. For example, there is a chance that your eyes might get slightly irritated from the VR goggles or Zoom screen. Or, your parent might get sad from talking about things from the past. If your parent gets upset or sad, we will stop using the equipment and get him/her a glass of water and ask a staff member at the community to help us comfort them. If you or your parent experience distress, you should tell the researcher about it immediately and we can address it. However, the use of the equipment should be a fun and exciting experience. The technology we are using is being used in many senior communities around the country, with extremely positive responses from residents. If you have any concerns, you can also contact the Institutional Review Board at UCSB directly at (805) 893-3807. Your parent will not have access to the information you provide on any of the surveys (and you will not have access to their information). The results from this study will improve our understanding of how to help older adults thrive in senior living communities. Below, we also offer you an opportunity to request a summary of the results so that you may benefit from our findings.

INVESTIGATOR DISCLOSURE OF FINANCIAL CONFLICT OF INTERESTS

This study is funded by a grant from the National Institutes of Health (NIH), awarded to UCSB and Rendever. Kyle Rand, the CEO of Rendever, is a principal investigator on this project. He helped invent the VR platform being used in this study and might benefit financially if marketed.

CONFIDENTIALITY

Your participation in this research is confidential. We will keep the information you tell us private. Only the researchers on this project (researchers at UCSB and senior personnel at Rendever) will have access to identifying information on your surveys, and that information will be removed immediately after the study is completed. To allow us to match your surveys together, we will assign you a code number on each survey. The information resulting from your participation in this study will be retained indefinitely and may be shared with other researchers in the future for research purposes not detailed within this consent form. If data is shared with others, your name will be completely removed. We also have a separate consent form where you can provide consent for us to use your identifiable audio/videotaped data.

COSTS/PAYMENT

For participating in this study, you and your parent will each receive \$150 at the end of the study.

RIGHT TO REFUSE OR WITHDRAW

Your participation is voluntary. You are free to decline to answer any specific questions. You or your parent may refuse to participate and will still receive the care you would receive if you were not in the study. You or your parent may change your mind about being in the study and quit after the study has started. If you quit before the study has ended, you will receive \$20 for each technology session and follow-up survey you completed. If you participate until the end of the study but simply miss 1 session, you will receive the full amount (\$150). You also have the right to not be audiotaped or videotaped during the technology sessions.

QUESTIONS

If you have any questions about this research project or if you think you may have been injured as a result of your participation, please contact Dr. Tamara Afifi in the Department of Communication at UCSB (tafifi@comm.ucsb.edu or 805-679-1812). If you have any questions regarding your rights and participation as a research subject, please contact the Human Subjects Committee at (805) 893-3807 or hsc@research.ucsb.edu. Or write to the University of California, Human Subjects Committee, Office of Research, Santa Barbara, CA 93106-2050

CONSENT

PARTICIPATION IN RESEARCH IS VOLUNTARY. YOUR SIGNATURE BELOW WILL INDICATE THAT YOU HAVE DECIDED TO PARTICIPATE AS A RESEARCH SUBJECT IN THE STUDY DESCRIBED ABOVE. YOU WILL BE GIVEN A SIGNED AND DATED COPY OF THIS FORM TO KEEP.

If you agree to take part in this research study and the information outlined above, please sign your name and indicate the date below.

Participant Signature

Date

Signature of Researcher Obtaining Consent

Date

Is it okay to videotape and audiotape the technology sessions? NO YES

Would you like a copy of the research results? NO YES

If YES, please clearly write your e-mail address here: _____